POSA POLE SPORT WORLD CHAMPIONSHIPS

Vantaa, Finland 26.-29.11.2026

WELCOME TO POSA POLE SPORT WORLD CHAMPIONSHIPS 2026

Dear competitors and delegation members,

We want to warmly welcome you to Pole Sport World Championships 2026 in Vantaa, Finland.

Competition website is https://www.polesportworlds2026.com/ where you can find answers to many questions you may have. Our Instagram accounts are @tankotanssi and @posaworldfed. When posting about this event, please tag us and use hashtag #pswc2026.

We have also created some gifs for you to use. You may find those on Instgram searching PSWC2026.

Attached you can find photos for social media to celebrate your participation in the World Championships:

https://drive.google.com/drive/folders/1s0dV-2VNIR50VCPafIFbW-WVNJEJY0Ce?usp=sharing

COMPETITION VENUE

Vantaan Energia Areena

Address

Rajatorpantie 23

01600 Vantaa

Finland

COMPETITION SCHEDULE AND RUNNING ORDER

The running order will be published on the official competition website as soon as it is finalised by POSA.

The competition schedule will be prepared once the running order is available and published on the website as soon as it is ready.

SHUTTLE BUS

Athletes, delegation members and their supporters can book a shuttle bus to move between the official competition hotel (Break Sokos Hotel Flamingo) and the competition venue. The distance between the competition venue and the official hotel is about 12 kilometers. We highly recommend booking the shuttle bus beforehand and avoiding any confusions with the transport.

The shuttle bus will operate between the official competition hotel and the competition venue several times every day (Thu-Sun) before and after the competition. The shuttle bus costs 35€ / the whole weekend (Thu-Sun).

Shuttle Bus Pass (35€) gives you unlimited rides throughout the event days and to the after party, according to the shuttle bus timetable. We recommend arriving early to the meeting point.

If you didn't book a shuttle bus pass during athlete or coach registration, you can do it separately in SuomiSport from October 5th to November 22nd.

More information about shuttle busses and buying on shuttle busses here.

Specified shuttle bus schedule will be published on the competition website before the competition.

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HOW TO ARRIVE TO VANTAA:

Vantaa is part of the Helsinki metropolitan area and is easy to reach. Helsinki-Vantaa Airport (HEL) is located in Vantaa, making arrival very convenient. Trains I and P run frequently between the airport and the Helsinki region. There are also several bus lines available.

- The trains run between the airport and Helsinki city center every 10 minutes Monday to Saturday and every 15 minutes on Sundays. At quiet times, the trains run less frequently, with headways of up to 30 minutes.
- The competition hotel is about 12 km from the airport, and it is easily accessible by car, taxi or bus.
- The I train takes about 27 minutes to reach the Helsinki city center
- The P train takes about 32 minutes to Helsinki
- Routes, timetables and tickets for buses and trains: https://www.hsl.fi/en

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HOTELS

The official partner hotel for the world championships is **Break Sokos Hotel Flamingo**, where every visit is an experience.

Sokos Hotel Flamingo has everything you could hope for from your trip and is directly connected to the Jumbo Shopping Center, the biggest shopping and entertainment complex in the Nordics. The accommodation package includes accommodation for selected time period, a generous buffet breakfast, and free parking. Travelling from hotel to competition venue is easy with shuttle bus.

Hotel address:

Tasetie 8, 01510 Vantaa

You can book accommodation at a special event rate for the duration of the competition trip:

25.–26.11.

- Standard room for 1 person: **120,00 €/night**
- Standard room for 2 persons: **140,00 €/night**
- Standard room for 2 persons with an extra bed: **160,00 €/night**

26.–30.11.

- Standard room for 1 person: **100,00 €/night**
- Standard room for 2 persons: **120,00 €/night**
- Standard room for 2 persons with an extra bed: **140,00 €/night**

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Reservations

Telephone: +358 300 870 000 / individual room reservations

Email: sokos.hotels@sok.fi

Please quote the code POLESPORTWORLDS when making a reservation.

www.sokoshotels.fi/en – reservation code BPOLESPORTWORLDS

Guarantee: all reservations are to be guaranteed by credit card or paid upon booking. An individual reservation from the allotment can be canceled free of charge 7 days prior the arrival. Kindly notice that due to security reasons credit card details should not be sent via email.

Payment: method of payment is cash or credit card. Each guest is responsible for their own accommodation expenses.

Other partner hotels:

We have arranged a 15 % discount code for accommodation at **Noli Myyrmäki** for event organizers, competitors, and their accompanying friends and family.

Discount code: TankotanssiMM15

Booking website: www.nolistudios.com

Location: Noli Myyrmäki

Validity: For stays between 24 November – 1 December

How to use the discount code:

Go to www.nolistudios.com.

Select Noli Myyrmäki as the location.

Enter your stay dates between 24.11.–1.12.

Enter the code **TankotanssiMM15** in the “Discount code” field when making the reservation.

Note for mobile users:

If you are booking on a mobile device, open “Booking summary” at the top of the page before selecting the studio. This will reveal the field where you can enter the discount code.

Current pricing and availability can always be checked directly on the Noli Studios website.

AFTER PARTY

We welcome you to the after party which will be arranged at pub John Scotts' on Sunday evening. Age limit to the after party is 18 years. More information about the After Party will be published later on the competition website.

The competition shuttle bus will drive you from competition hotel to John Scott's and back to the hotel.

TRAINING OPPORTUNITIES

EPIC Training Center offers competition training slots during the competition week 24–27.11. You can choose from private training sessions or shared training slots. You can reach EPIC easily from the Helsinki city centre by metro. For more info and bookings, visit: https://www.oonakstore.com/wc-training-slots

ATHLETE AND COACH ACCREDITATION

All competitors and coaches must register upon arrival at the competition venue to receive their competition passes. Each National Federation will have an assigned time slot for accreditation. The Head of Delegation is responsible for completing the accreditation for the entire team.

The accreditation time slots will be added to the competition schedule once the running order has been received and the full schedule has been prepared.

The WADA anti-doping education course is NOT mandatory for participation in the competition. Completing the course is optional, but athletes and coaches are welcome to take it if they wish. Proof of course completion will not be requested from athletes or coaches during accreditation. We apologise for the confusion caused by the information in the work plan

ORIENTATION MEETING AND OPENING CEREMONY

The orientation meeting for Head of Delegations, will be held on November 25th at 19.00 in the Competition hall.

The Official Opening Ceremony will be held on November 26th for all categories, in the Competition Hall.

The ceremony will consist of Parade of Nations, where the competitors by nation will be presenting their flag and performing a special greeting for the audience. All competitors must wear their national tracksuit.

All delegations must have the National Flag (dimension of 100/200 cm) with them at the Opening ceremony.

The Opening ceremony is mandatory: at least five athletes per delegation must be present at the ceremony. For any kind of clarification, or to report a problem (e.g. inability to be present at the opening ceremony due to a plane ticket at a different time), please write to info@tankotanssi.fi

AWARD CEREMONIES

The schedule for the award ceremonies will be announced in the running order.

The athletes to be awarded must appear to the backstage area about 10 minutes before their award ceremony. Each athletes must wear their national tracksuit at the medal ceremony.

STAGE REHEARSALS

The stage rehearsals will be without music. Each national delegation will be given a time slot for testing the poles that they can divide between the athletes evenly. The timetable will be published on running order and on the competition website.

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SENDING MUSIC AND DIFFICULTY ELEMENTS

Athletes must send their music in MP3 format by October 31st by filling Music forms and loading the music there. Forms needs to be filled for every performance (trios/doubles only once) by 31.10.2026.

https://forms.gle/6B1LszqMMCPTsKFH6

Naming of the file needs to be following:

LASTNAME_first name.mp3

Example: KNUUTTILA_Tarja.mp3

or to doubles/trio

KORPI_Helmi_KUUSELA_Aada.mp3

As the organizer of the event, the federation is responsible for the licenses required for the use of music at the event. This information is gathered because the Finnish national TV YLE is broadcasting this event live on YLE Areena.

The competitor is solely responsible for obtaining any rights and permissions related to possible modifications made to their competition music. By submitting the competition music, the competitor confirms that the use, editing, and any combination of multiple musical works have been carried out in accordance with applicable copyright and licensing terms.

In addition, the competitors need to bring their music with them to the venue on the competition days on an USB stick as a backup.

Each Federation must send The National anthem by email to info@tankotanssi.fi on October 31st at the latest.

The Difficulty Sheets will be submitted via your personal email link that will be sent to you separately. Links will be sent after the running order is published. We will send out the links during a course of a few days, no need to panic if you learn that some other athlete gets their link before you. You will receive your link well before the competition.

Detailed instructions on filling the Difficulty Sheet will be provided in the email with the link to your Difficulty Sheet.

AT THE COMPETITION VENUE

At the venue there are some areas (dressing rooms, warm up area) that you are allowed to enter only with competition pass. Inside the venue it is absolutely forbidden to smoke any kind of cigarettes, including electronic cigarettes and vaporizers. Also, all scents, perfumes, hair spray or other spray chemicals should be added outside of the venue.

Outdoor shoes are not permitted in the competition area, including the warm-up area, backstage, and the stage.

Stage and poles

The competition stage height is approximately 1 meter. The stage measures 8 by 8 meters and will be covered with tatami and a dance mat.

Competition poles are supplied by X-Pole: stainless steel, 45 mm in diameter. The distance between the poles is 2.85–3.1 meters.

Locker rooms

The locker rooms have showers, toilets and mirrors. For the smooth running of the competition, the changing rooms are also available to competitors only for a limited time before and after their competition.

Warm up

In the training hall there is a X-Pole 45mm stage available with other warm-up options. Notice that the warm-up area is only for athletes to warm up – not a playground. A guardian or a coach must accompany any under-aged athletes.

Services at the venue

A cafeteria will be open at the venue during the competition, offering coffee, snacks and lunch.

The cafeteria opening hours, lunch serving times and lunch menus will be published on the official competition website once the competition schedule has been confirmed.

First Aid Team

There will be a first aid team in the competition hall during the competition and stage rehearsals.

Pole cleaning

Each National Federation is primarily responsible for arranging pole cleaning for its own athletes. Please note that only accredited persons are allowed in the competition area.

If the National Federation is unable to arrange pole cleaning for an athlete during the competition, our volunteers can assist. In this case, please inform the volunteer during stage rehearsals.

During stage rehearsals, the Local Organizing Committee will not provide pole cleaning. Each National Federation is responsible for arranging pole cleaning for its athletes during rehearsals.

For pole cleaning, we recommend:

- Get on the stage immediately after the previous competitor
- Minimum of 3 persons on the stage (one cleaning each pole and one mopping the floor)
- Use only the competition organizer’s towels and cleanser

VIDEO AND PHOTOGRAPH

The athletes are allowed to take photos and videos on backstage but filming/photographing the competition performances with professional equipment is not allowed without a written permission from the organizer. See media/professional photography accreditation guidelines in https://www.polesportworlds2026.com/athletes/.

Media photographs can be requested from the Federation by email at info@tankotanssi.fi.

PHOTO PACKAGE

The official photographer for the competition will be **Mikko Karsisto**.

Competitors can purchase photo and video packages in advance through **SuomiSport until 1 December**. Packages will also be available for purchase at the competition venue, **Vantaan Energia Areena**, throughout the competition weekend.

Please note that **on-site purchases can only be paid for by card**.

https://www.suomisport.fi/events/f0cc6801-2b06-42dc-97ea-0b5f23598bad

The photo package includes 5 photographs, a video, and a possible podium photograph. If an athlete competes in both the qualification and the final, the athlete will receive videos of both competition performances.

Athletes who have purchased the photo package will receive a link to the photo gallery by email after the competition. From the gallery, the athlete can select their preferred 5 photographs. Information on purchasing additional photographs will be provided together with the gallery link after the competition.

Both the photographs and video will be delivered by the photographer approximately 3 weeks after the athlete has made their photo selection.

Price of the package 50€ / performance

LIVESTREAM

The Finnish national broadcaster Yle will broadcast the competition live on Yle Areena. The livestream will be available to watch free of charge on Yle Areena for 30 days after the broadcast. Creating an account and logging in to Yle Areena is free of charge.

Links to the livestream will be added to the official competition website.

TICKET SALE

Spectator tickets will be sold online through the lippu.fi -service. Any remaining tickets will also be available at the door where you can purchase tickets by card.

All tickets are **general admission (unreserved seating)**. And tickets will be exchanged for a wristband upon arrival at the venue.

There are discounted tickets available for special groups such as students, pensioners, and conscripts. Please note that discount eligibility must be verified at the venue and discounted tickets are not available for single-day admission.

Children's tickets are for ages 5–10. Family tickets are valid for two adults and two children under 18. Assistants accompanying disability card holders and children under 5 enter free without a ticket.

Tickets can be purchased here: https://www.lippu.fi/event/suomen-voimalajiliitto-tankotanssin-mm-kilpailut-vantaan-energia-areena-21780636/

WORKSHOPS

To celebrate POSA's 10th anniversary and the Pole Sport World Championships 2026, we are organising special workshops at EPIC Training Center. Registration to all of the workshops happens via SuomiSport-system. Payment to all workshops is made at the time of registration. Each workshop has a maximum capacity of 16 participants, with two participants per pole. The workshops have a minimum participant requirement. Please note that payments are non-refundable if a participant cancels their registration. Payments will only be refunded if the workshop is cancelled by the organiser.

30.11. Workshop by Olena Minina

Time: Monday 30.11.2026 at 15:00 – 16:30
Price: 85 €

Registration: https://www.suomisport.fi/events/aa2aa41a-06b3-4be2-9b8d-39e702326452

1.12. Rafa's Trademark by Rafaela Montanaro

In RAFA'S TRADEMARK -workshop, Rafaela will teach her signature tricks and combos that she has performed in her own routines. This is a great opportunity to learn from Rafaela and add some new tricks and combinations to your own pole practice!

Rafaela Montanaro is not just a great athlete, but also an excellent teacher. She has used her knowledge as an athlete since the age of 3. This includes several national titles in Brazil as a gymnast and training experience in USA as well. She was also part of the Kung-fu Wushu Brazilian team in 2006, went to circus school in France and has a bachelor's degree in physical education. Now she

uses all that to help develop her true passion: Pole dance which she has been teaching around the world since 2010.

Time: Tuesday 1.12.2026 at 14:00 – 15:30
Price: 65 €

Registration: https://www.suomisport.fi/events/ea2215bf-95bf-4866-ad1d-e8ae9b9228be

1.12. Original Combos & Regrips by Marharyta Seheda

In this workshop, Marharyta will share her signature and original combinations featuring unique grips, regrips and creative transitions. The focus will be on creating unusual connections between elements, exploring different ways of moving around the pole and developing combinations with a strong individual character. Participants will learn original combinations created by Marharyta and work on technique, transition while exploring new possibilities for their own movement.

Marharyta Seheda is a Ukrainian pole and aerial coach, judge and international workshop presenter. She is a POSA World and European Champion 2025 in Aerial Art and Sport, a POSA World Artistic medalist, and a multiple-time champion and medalist at international and European competitions in Pole Sport, Pole Art and Aerial disciplines, who regularly teaches workshops in Ukraine and across Europe, sharing her approach to creative movement, original combinations and technical elements.

Time: Tuesday 1.12.2026 at 15:30 – 17:00
Price: 65 €

Registration: https://www.suomisport.fi/events/ff88fd1c-3264-466f-b3dd-aa19247556ea